

RURAL SANITARY AUTHORITY

OF THE

LEXDEN & WINSTREE UNION.

REPORT

OF THE

Medical Officer of Health,

For the year 1893.

Colchester :

WILES AND SON "TRINITY PRINTING WORKS," TRINITY STREET.

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To the

**RURAL SANITARY AUTHORITY OF THE
LEXDEN AND WINSTREE UNION.**

Colchester, 25th January, 1894.

MR. CHAIRMAN AND GENTLEMEN,

I have the honour to present to you my report for the year ending December, 1893.

Area and Population.	The District under your charge includes thirty-six parishes, with an area of 71,186 acres, and a population, according to 1891 census, of 21,566, while the estimated population to the middle of 1893 is 21,935. The rateable value is £93,994.
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Water Supply.	There is no great difference in the water supply of the district from that mentioned in my last year's report. The scheme I proposed for the village of Rowhedge was not carried out, as it was considered to be too costly, but a new well has been sunk at the top of the hill on
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Jubilee Field and a pump erected thereon. You have arranged with Mr. Daniell that the people may have the use of the water at the Run, but, from the experience of the past few weeks, I fear much benefit will not be obtained from this source, as on various occasions there was no water to be had.

Negotiations are still going on between you and the Colchester Urban Sanitary Authority for the extension of latter's water main to supply over thirty houses in the parish of Stanway; this has been in hand for some considerable time, and the desired benefit is much wanted.

**Isolation
Hospital.**

The want of an isolation hospital has been greatly felt, especially through the outbreak of diphtheria at Great Tey. A new Act of Parliament has just been passed, by which the establishment of isolation hospitals is placed in the hands of the County Council on application. Such application may be made, by petition, by any one or more of the local authorities having jurisdiction in the county, or by any number of ratepayers, not less than twenty-five, in any contributory place as defined by the Act. The County Council may direct an inquiry to be made by the Medical Officer of Health of the County, as to the necessity of an isolation hospital being established, and may proceed on his report. I am inclined to the opinion that the best method for this district would be combination with one or more adjoining authorities so that an efficient hospital could be provided. With a well arranged ambulance service, a few miles distance would be immaterial.

Disinfection.

I would again draw your attention to the very imperfect mode of disinfection used. Fumigation by sulphurous acid gas, or by chlorine, is a most unsafe method, in fact it is likely to be harmful, as it conveys to the

cottager the idea that his house has been rendered safe from the germs of the disease lately existing there, whereas there can be no certainty that such has taken place. Beds, bedding, clothing and such like articles ought to be disinfected by heat in a properly constructed apparatus. Complete disinfection cannot otherwise be effected. While considering the question of providing a hospital, the mode of disinfection might be included.

On an outbreak of infectious disease occurring

School Closure. in a parish, I often find a rapid and strong desire to have the the school closed. It is not always wise to do so. Any child suffering from an infectious malady, however slightly, or children coming from a house infected ought to be excluded from school and from any intercourse with other children ; it is frequently much more prudent to adopt this plan than to close the school. By this course there is no loss to the school in the way of the Government grant, as, if I am made acquainted with the cause of the absence of these children, I can certify so that an allowance is made in their attendance. I would feel obliged to all school-masters, if they will kindly let me know of the first sign of illness among the pupils, so that I can take immediate steps to protect the school.

Request to Medical Men. I would, in as inoffensive a way as possible, ask my professional brethren practising in the district to clearly inform the householder of the infectious disease existing in his dwelling ; as, frequently, on my calling and stating that a child suffers from an infectious disease, I am told "Dr. So and So never told us," and, verily, I am disbelieved until I produce the Medical Man's certificate. Besides, unless the householder is informed of the existence of the disease, he is unable to perform the duty imposed on him by the Notification Act, of notifying to the Medical Officer of Health. This may explain the reason of that portion of the law being so often broken.

Deaths. During the year, there have been 326 deaths registered in the district at the following ages.—

Under 1 year	54
Between 1 and 5 years			28
„ 5 „ 15 „			35
„ 15 „ 25 „			15
„ 25 „ 65 „			72
65 and upwards			122

Of these last

30 were between 65 and 70 years.

43 „ „ 70 „ 80 „

32 „ „ 80 „ 90 „ and 5 over 90.

The greatest age attained was 99 years.

The deaths were caused by the undermentioned diseases :—

Diseases.	No. of Deaths	No. under 5 years of Age.
Measles	6	5
Scarlet Fever	9	5
Diphtheria	21	8
Membranous Croup	2	1
Diarrhoea and Dysentery	5	3
Rheumatic Fever	3	—
Erysipelas	4	—
Puerperal Fever	3	—
Phthisis	30	1
Bronchitis, Pneumonia and Pleurisy	30	6
Heart Disease	20	—
Injuries	7	1
Influenza	8	2
Other non-classified Diseases	178	50
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	326	82
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The following table will show the deaths in the various parishes, as they took place.

PARISH.	1st Quarter.		2nd Quarter		3rd Quarter		4th Quarter	
	M	F	M	F	M	F	M	F
Abberton	1	1	—	1	—	—	—	1
Aldham	1	1	—	2	—	—	1	1
Bergholt West	3	4	1	2	1	2	2	1
Birch	3	1	1	2	—	1	2	4
Boxted	2	1	1	4	1	—	2	2
Chappel	—	1	—	1	1	—	2	—
Colne Wakes	—	—	—	2	1	—	1	4
Copford	3	—	2	—	1	1	2	1
Dedham	5	2	—	3	1	2	1	3
Donyland East	2	2	2	5	3	—	4	2
Easthorpe	—	—	—	—	—	—	2	—
Fingringhoe	—	—	1	2	1	—	1	1
Fordham	2	2	—	—	1	3	1	1
Horkesley Great	1	1	—	1	2	3	1	1
Horkesley Little	—	—	—	—	1	—	—	—
Inworth	2	1	1	—	2	2	2	—
Langenhoe	1	—	—	—	—	—	—	—
Langham	1	2	3	—	1	—	2	2
Layer Breton	1	—	—	—	—	—	—	1
Layer-de-la-Haye	—	3	—	—	—	—	—	1
Layer Marney	—	1	—	—	1	—	—	—
Mersea East	—	—	—	—	—	1	1	1
Mersea West	4	3	5	5	1	2	—	2
Messing	2	3	1	3	3	2	—	1
Mount Bures	—	—	1	2	2	2	—	—
Peldou	—	—	1	—	1	—	1	—
Salcot	1	—	1	—	—	—	1	1
Stanway <i>with Halk house.</i>	5	5	4	4	3	2	4	6
Tey Great	—	1	1	1	3	1	6	10
Tey Little	—	—	—	—	—	—	—	—
Tey Marks	—	1	1	1	2	—	1	2
Virley	1	2	—	1	—	—	—	—
Wigborough Great	—	—	2	—	—	—	1	1
Wigborough Little	—	—	—	—	1	—	—	—
Wyvenhoe	1	5	—	4	4	2	3	3
Wormingford	—	—	—	1	2	—	1	—
	42	43	29	47	40	26	45	54

There were 82 deaths under 5 years of age, equal to a death rate of 3·73 per 1000 persons living, the corresponding rate for 1892 being 3·82, and for 1891, 3·86. Among infants under 1 year, there were 54 deaths, giving a death rate of 88·37 per thousand children born. This rate has also improved, as in 1892 it was 105·90, and in 1891, 106·76.

I am glad to be able to record a decrease in the death-rate from all causes, for, on account of the very great amount of sickness, I feared it would work out larger than that of last year. It stands at 14·86 per 1000 of the estimated population ; while in 1892 it was 16·66, and in 1891 16·0.

In the separate registration districts, the annual death-rate is—

Wivenhoe	..	9·23 per 1000
Peldon	..	12·92 "
Stanway	..	19·67 "
Fordham	..	13·81 "

Fifty-three deaths were caused by zymotic diseases, 22 being under 5 years of age. The zymotic death-rate for the whole district 2·41 per 1000 of the estimated population.

During the year 53 Paupers are returned as having died in the district, and of these 21 deaths occurred in the Union Workhouse, at the following ages, and from the undermentioned causes.

DISEASES.	AGES.					
	Under 60	60 to 70	70 to 80	80 to 90	Over 90	Total.
Bronchitis	—	—	2	1	—	3
Sec. Syphillis	1	—	—	—	—	1
Old Age	—	—	1	4	2	7
Apoplexy	—	1	—	—	—	1
Erysipelas	—	1	—	1	—	2
Prostatic Disease ..	—	—	—	1	—	1
Paralysis	1	—	—	—	—	1
Stricture of Urethra	1	—	—	—	—	1
Epilepsy	1	—	—	—	—	1
Puerperal Fever ..	1	—	—	—	—	1
Heart Disease	—	—	1	—	—	1
Convulsions	1	—	—	—	—	1

The births registered in the district were 611 ;
Births. being 323 boys and 288 girls. They occurred in
the various registration districts as follows.

QUARTERS.	Wyvenhoe District		Peldon District		Stanway District		Fordham District		Totals.
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
1st Quarter . .	11	5	33	28	23	18	22	27	167
2nd Quarter . .	6	5	17	14	25	33	27	22	149
3rd Quarter . .	11	5	23	19	24	29	26	16	153
4th Quarter . .	5	6	20	22	29	24	21	15	142
Totals.	33	21	93	83	101	104	96	80	611

The annual Birth-rate stood at 27·85 per 1000, of the estimated population, against 25·94 last year.

In comparison with previous years, there has
Sickness. been a very large increase in infectious sickness in
the district at all periods of the year. 353 cases
were returned to me under the Infectious Diseases Notification Act,
against 209 in 1892, 74 in 1891, and 65 in 1890. All these have
had to be investigated and reported, so it is clear an immense
increase in my work has taken place, and this is being daily added
to.

Smallpox. Early in January a man came home to Wivenhoe
from Fleetwood during the night and was discovered next day to be
suffering from smallpox ; he had been twice seen by a Surgeon before
leaving Fleetwood, and although the eruption was well developed,
the disease was not detected, consequently he travelled several
hundred miles by Railway to the imminent danger of the public.
His two young children had been carefully vaccinated and did not
contract the disease, although they must have had every opportunity.
His wife had never undergone vaccination, until Mr. Squire per-
formed that operation when he saw what the man was suffering
from. The vaccination took remarkably well, and, although she

was exposed to the contagion about twelve hours before she was vaccinated and nursed her husband through his entire illness, I am pleased to be able to say she escaped the disease. All possible precautions were taken, under my constant supervision, and the whole of the inmates of the two houses adjoining were vaccinated, and no second case occurred.

Diphtheria. This disease has been very prevalent during the year, there having been 71 cases, viz : 9 in the first quarter, 6 in the second, 9 in the third, and 48 in the fourth. The parishes affected were Wivenhoe, Fingringhoe, Messing, Inwerth, Easthorpe, Aldham, Chappel, and Great Tey. In Great Tey, the outbreak was very severe, in the third quarter there were 3 cases resulting in 2 deaths ; and in the fourth quarter 38 cases and 14 deaths. The seizures did not follow on directly from the third to the fourth quarter, but there was an interval of quite five weeks between the last case in the third quarter and the first in the fourth. In the small over-filled cottages it was found exceedingly difficult to treat the sufferers properly, and I believe various deaths took place for the want of good and efficient nursing. You appointed a committee with full powers to act, and after every effort had been made by your committee and myself to procure a house as a temporary hospital without success, I proposed that a trained nurse should be placed in the village to look after the sick. This had a most excellent effect, and I feel convinced was the means of saving life. The epidemic was so extensive that a Member asked a question about it in the House of Commons, and although the Local Government Board had full information in the Office, I had to suddenly furnish a full account of the outbreak to enable the President to reply in the House. A Medical Inspector has been down twice to investigate, to whom I gave all desired information and also showed him the infected houses, and the locality. Before his visit I had suggested to you some means of extending, ventilating and flushing the sewer in the street, which work you at once ordered, so that it was well in hand on his arrival. In order to save time, I wrote to the Local Government Board asking

for extended powers to enable me to cope with the disease, but the Board declined to grant them. Your Authority, however, instructed that any mode of action that would stop the disease and save life was to be carried out; and this plan has been followed.

Erysipelas. This malady raged in all parts of the district to an unprecedented extent, there having been 61 persons attacked; viz: 11 in the first quarter, 13 in the second, 7 in the third, and 30 in the fourth. The cause is put down to the peculiar weather of the year, whereby people got heated and chilled so as to render them liable to receive the germ of this disease.

Scarlet Fever. Scarlet fever prevailed to an enormous extent, no less than 209 cases having been reported. In the first quarter there were 54 cases in the second 70, in the third 51, and in the fourth 34. The parishes attacked were East Donyland, Langham, Layer-de-la-haye, Wivenhoe, Fingringhoe, Great Wigborough, West Mersea, Peldon, Langenhoe, Messing, Birch, Aldham, Stanway, Inworth, Layer Breton, Copford, Chappel, Fordham, Boxted, Mount Bures, Wakes Colne, West Bergholt, Wormingford, Great Horkesley, and Great Tey. The cases were generally of a very mild character.

Typhoid Fever. There were only 6 cases of typhoid fever. These all occurred in the third quarter, viz: 2 at Wivenhoe, 1 at Rowhedge, 1 at East Mersea, 1 at Messing in a Caravan, and 1 at Dedham.

Puerperal Fever. Of Puerperal fever there were 2 cases, 1 at Virley, and 1 at West Bergholt. All precautions were taken to prevent the disease spreading, and no farther increase took place.

Cholera Survey. Dr. Reece, a Medical Inspector of the Local Government Board, made a survey of such portions of the district as abut on water-ways, in the autumn. I accompanied him on his drive round and afforded him such information as I could. I understand he has reported to the Local Government Board, and there the matter rests in the meantime.

Factory and Workshops Acts.—Outworkers. As I reported to you at the different times of my communications, I corresponded with the Local Government Board as to the difficulty and almost impossibility of procuring lists of outworkers in the district, as work is not only obtained from Colchester but also from several factories in Ipswich. I was referred to the Ipswich Urban Sanitary Authority, but on my writing to the Officer of that Authority I was informed such a list could not be prepared. The District Factory Inspector had visited me twice, and I have explained to him and the Local Government Board the impossibility of the work being done under my present arrangement with you, as the work would occupy so much time. The Board seemed to understand the matter, as I received a letter in November that the Board were in communication with the Home Office on the subject.

I subjoin an abstract from the Inspector of Nuisances' books of work done in the district during the year.

Complaints received	26
Cottages inspected	452
Slaughter houses inspected	9
Houses disinfected	125
Overcrowding abated	2
Houses put in repair	13
Water certificates granted...	2
Wells sunk, or improved supplies of water afforded			10
Wells cleaned or repaired	7
Wells closed	1
Defective pumps repaired, or new pumps erected on existing wells	4
Earth, pail, or improved privies constructed, or existing privies altered	32
Privies and W.c's. repaired	65
Animals improperly kept, removed	11
Samples of water taken for analysis	11
Samples of food and drugs taken for analysis			None.
Compensation paid for the destruction of infect- ed bedding	£3 18 9

Seizures of unsonnd meat	..	None.
Nuisances reported or detected	..	78
Nuisances abated	..	78
Notices served	..	72
Summouses taken out	..	1
Convictions	..	1

I now give a summary of the work done in each parish during the year, as supplied to me by the Inspector of Nuisances.

Bergholt, West.	Privies, new, converted or repaired	..	6
	A new drain laid near the Post Office		
Birch.	Privies, new, converted or repaired	..	2
	One new well.		
Boxted.	Privies, new, converted or repaired	..	1
	2 houses repaired.		
Copford.	Privies, new, converted or repaired	..	4
	2 houses repaired.		
Dedham.	Privies, new, converted or repaired	..	9
	1 house repaired.		
	A new urinal and stoneware gully.		
Donyland, East.	Privies, new, converted or repaired	..	23
	Stoneware gullies inserted.	..	11
Easthorpe.	Privies, new, converted or repaired	..	2
	A new well.		
Fingringhoe.	Privies, new, converted or repaired	..	6
Fordham.	Privies, new, converted or repaired	..	6
	The spring on the Heath repaired.		
Horkesley, Great.	Privies, new, converted or repaired		1
	Houses repaired	1
	New drains at the Post Office.		
	A drain at the Causeway opened and cleaned.		
	New well	1
	Well closed	1
Inworth.	Privies, new, converted or repaired	..	6
	Wells cleaned and repaired	4

Mersea, West.	Privies, new, converted or repaired	..	4
	A new urinal at the White Hart Inn.		
Laver Breton.	The pump on the Green repaired.		
Messing.	Privies, new, converted or repaired	...	7
	Water conduit to the Fountain repaired.		
	Drainage at the Crown Brewery improved.		
Peldon.	Privies, new, converted or repaired	..	7
	New stoneware gully inserted	1
	The dead well at the School emptied and filled up.		
Stanway.	Privies, new, converted or repaired	..	2
	Well cleaned and repaired	1
	House repaired	1
Tey, Great.	Privies, new, converted or repaired	..	2
	Public well in the Street cleaned out, the old pump removed and a new one fixed.		
	The ditch at the end of the Street sewer cleaned out, the sewer lengthened, and an automatic flushing tank and ventilating shaft provided.		
	Sink drain disconnected	1
	New stoneware gully traps inserted	..	7
	Houses repaired	6
Tey, Marks.	The well at the School house cleaned out and the pump repaired.		
Wivenhoe.	Privies, new, converted or repaired	..	9
	New stoneware gully traps inserted	..	9
	Slaughter house repaired	1
	Public house urinal repaired	1
	Drain on Black Boy Hill repaired.		

The returns required by the Local Government Board are appended.

I have the honour to be

Gentlemen,

Your obedient servant,

JNO. W. COOK, M.D.,

Medical Officer of Health.

(B)

TABLE of POPULATION, BIRTHS, and of NEW CASES of INFECTIOUS SICKNES,
 coming to the knowledge of the Medical Officer, during the year 1893, in the Rural Sanitary District
 of LEXDEN AND WINSTREE, classified according to DISEASES, AGES, and LOCALITIES.

NAMES OF LOCALITIES.	POPULATION AT ALL AGES.		Registered Births.	Aged under 5 or over 5.	New Cases of Sick-ness in each Locality, coming to the knowledge of the Medical Officer of Health.												
	Census 1891.	Estimated to middle of 1893.			FEVERS.												
					Smallpox.	Scarlatina.	Diphtheria.	Membranous Group.	Typhus.	Enteric or Typhoid.	Continued.	Relapsing.	Puerperal.	Cholera.	Erysipelas.		
<i>Sub-Registration Districts.</i>																	
Wivenhoe	2300	2381	54	Under 5 5 upwards	1	3	1	1	1	1	1	1	1	1	1	1	1
Peldon.....	5698	5727	176	Under 5 5 upwards	1	9	1	1	1	2	1	1	1	1	1	1	10
Stanway	6570	6659	205	Under 5 5 upwards	1	25	9	3	1	1	1	1	1	1	1	1	30
Fordham.....	6998	7168	176	Under 5 5 upwards	1	17	1	1	1	1	1	1	1	1	1	1	1
TOTALS ..	21566	21935	611	Under 5 5 upwards	1	54	11	3	1	6	1	1	1	1	1	2	59

ISOLATION CASES.

None. There is not an Isolation Hospital in the District.—See remark in text of Report.

The Notification of Infectious Diseases Act has been in force in the District since January 1st, 1890.

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